



The City of San Diego Park and Recreation Department

We Enrich Lives Through Quality Parks and Programs

Tierrasanta Recreation Center

11220 Clairemont Mesa Blvd.

San Diego, CA 92124

(858) 573-1393

www.sandiego.gov/park-and-recreation/centers/tierrasanta.shtml

Autumn 2015



Hours of Operation

Monday	2:00pm - 9:00pm
Tuesday	2:00pm - 9:00pm
Wednesday	2:00pm - 9:00pm
Thursday	1:00pm - 9:00pm
Friday	2:00pm - 9:00pm
Saturday	9:00am - 2:00pm
Sunday	10:00am - 3:00pm

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT CONTACT THE DISTRICT MANAGER (619) 235-1155 OR THE OFFICE OF EQUAL OPPORTUNITY, U.S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST.

REGISTRATION

Payment Policies

- ◆ Effective September 8, 2015, service fees will apply as follows for all transactions. For Online Registration, \$2 Transaction fee and 3% Processing fee will be charged for every transaction. For In-house Registrations, \$2 Transaction fee will be charged for every transaction. Rates are established by the service provider and are nonrefundable.
- ◆ Children under 18 must be registered by a parent/legal guardian.
- ◆ Exact cash, check and *credit cards* accepted.
- ◆ \$25.00 fee for all returned checks.
- ◆ Class fees are not prorated after class begins.
- ◆ Resident - Resides in the City of San Diego. Property taxes are paid to the City of San Diego.
- ◆ Non-resident - Resides outside of the City of San Diego.

Refund Policies

- ◆ Refund request must be submitted prior to 2nd class meeting. Sorry, no exceptions!
- ◆ A \$10.00 service fee will be charged per registrant for each refund request. An additional transaction fee will be applied to refunds of credit card payments.
- ◆ Due to the nature of their business, class instructors rely on registration numbers in order to plan safe and well supervised classes. Unfortunately, if you or your child is unhappy or does not participate after the refund deadline, we are unable to process a refund or transfer.
- ◆ If your child has a medical emergency (not a regular or routine illness) and cannot participate in class, please contact staff as soon as possible.

Requirements for Independent Contractors

All contractors, sub-contractors and volunteers must be fingerprinted through the City of San Diego Live scan process. Contractors must submit a business license and proof of insurance. City staff handles all registration for the program. Participants will * **Register Online at www.SDRecConnect.com**. Contractors must provide Worker's Comp coverage for all employees.

Permit Holder Requirements

Must provide proof of insurance. Must provide own advertisement for program. Registration handled by the permit holder. Note: Permit holder is not required to submit proof of fingerprinting for their coaches, volunteers, and/or instructors. All Permit Holders are identified with a # in this program. Appointments strongly suggested for permits.

TIERRASANTA RECREATION COUNCIL

The Tierrasanta Recreation Center is a public facility, operated by the City of San Diego and the Tierrasanta Recreation Council. The council meets the 2nd Thursday of each month (except August and December) at 6:30pm.

Recreation Center Closures

Labor Day	September 7
Veterans Day	November 11
Thanksgiving Day	November 26

On-site Registration Hours

Monday	4:00pm - 7:00pm
Tuesday	4:00pm - 7:00pm
Wednesday	2:00pm - 5:00pm

SUPERSTAR GYMNASTICS

Kids feel like champions in Superstar Gymnastics! Boys & girls welcome.
Enthusiastic and experienced staff will provide a 6:1 or less student to teacher ratio.



Tuesday

September 8 - October 20

October 27 - December 15

\$120 for Six (6) weeks

Instructor Katie P: (619) 804-6677 www.superstargymnastics.com



DIAPER DARE DEVILS

An exciting gymnastic exploration for kids, mom and dad on all the equipment. Fun for everyone!
Group activities include parachutes, lummi sticks & sing-alongs.

**Ages: 15 mo - 3 yrs.
3:00pm**

LIL STARS

Gymnastic skills are taught as students improve strength, motor skills and flexibility. Fun with parachute games, lummi sticks & exciting themes!

**Ages: 3 - 5 yrs
3:50pm**

SHOOTING STARS

A high energy gymnastics circuit of instruction that promotes fun and learning. Develops skill levels, strength and flexibility.

**Ages: 6 - 10 yrs
4:40pm**

** Register Online at www.SDRecConnect.com*

YOUTH



Saturday

September 12 - October 24 \$130
October 31 - December 19 \$130
September 12 - December 19 \$234

Tiny Movers

Tap/Ballet

10:15am (3 - 4 yrs)

A tap and ballet class combined with dance games. Children learn basic dance and motor skills, musicality and rhythm in creative ways.

Star Shiners

Tap/Ballet

11:15am (4.5 - 6 yrs)

A combination ballet and tap class that will keep your child moving while developing listening, coordination and dance skills.

For more information visit: www.danceto evolve.com
or Email: info@danceto evolve.com
or Phone: (858) 876-LEAP (5327)

* Register Online at www.SDRecConnect.com

America's Youth Outreach Program

Low Cost Youth SELF-DEFENSE Karate & Safety Awareness Program

Friday

September 4 - November 20

Ages 5 yrs and up

5:00 - 8:00pm

(New Students 5:00pm)

For more information visit: www.ayop.org
Phone: (619) 282-3066



Tierrasanta Youth Basketball

K - 8th Grade

All Skill Levels Welcome!!

\$100.00

(\$115 after December 4)

Registration: November 1 - January 6
Season: January 7 - March 12

For more information call (858) 231-2225
or register online at www.TierrasantaHoops.com



FINE ART CLASSES for KIDS

Thursday

September 17 - November 5

\$90.00 for Eight (8) weeks

Supplies Included!!!



FINE ART FOR KIDS

3:30pm (5 - 8 yrs)

Learn to draw and paint animals, flowers, people and cartoon characters with an easy step-by-step method.

Project: Halloween Art

FINE ART FOR OLDER KIDS

4:30pm (9 - 12 yrs)

Learn some new art techniques while having fun: Watercolor, printmaking, and mixed media.

Project: Halloween Art

For more information call
Instructor June Rubin at (858) 229-4571

* Register Online at www.SDRecConnect.com

City of San Diego Civic Dance Arts

September 28 - December 7

Registration begins Saturday, September 19

\$48 per session

Mondays

Pre-ballet (3-4 yrs) 3:15pm

Pre-ballet (5-6 yrs) 4:00pm

Beginning Ballet IA (7-15 yrs) 4:45pm

Hip Hop IA (6-17 yrs) 5:30pm



Wednesdays

Beginning Jazz IA (6-17 yrs) 4:30pm

Beginning Tap IA (6-17 yrs) 5:15pm

Adult Beginning Tap IA (18 and up) 6:30pm

Adult Advanced Beginner Tap IA (18 and up) 7:15pm

Adult Beginning Jazz IA (18 and up) 8:00pm

Thursdays

Teen Jazz 4:15pm

Teen Tap 5:00pm

For more information visit: www.civildancearts.org

* Register Online at www.SDRecConnect.com

CAMPS

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Johnny B's Daycamp

There's a reason we've been in business over 32 years!

Happy Campers!
Happy Families!
Excellent Price!
Excellent Program!

No Registration or Membership Fees!
Discounts for Siblings! Drop-In &
Part-Time also available!



ACA ACCREDITED!

Afterschool Daycamp
(After school until 6:15 pm) \$75 per week

Vacation Camp
(7:00 am - 6:15 pm) \$150 per week

New This Year! Quiet Homework Classroom!

For more Information: Call 619.991.8765 • www.JohnnyBsInc.com

MUSIC



Adults and Youth

SMALL GROUP GUITAR LESSONS

Wednesday

September 2 - 30

October 7 - November 4

\$80.00 for Five (5) weeks

Ages 8 yrs and older

BEGINNING GUITAR
5:30pm

A five week class introducing the basics of guitar playing.
Basic chords, strums and picking will be the focus.

INTERMEDIATE GUITAR
6:30pm

A five week class for those who have taken the Beginning
Guitar class and want to further their skills and knowledge.

For more information call
Instructor Lesley Alexander
at (858) 204-5697

* Register Online at www.SDRecConnect.com

SMALL GROUP PIANO LESSONS

September 8 - November 20

\$130.00 for Ten (10) weeks

Ages 5 yrs and older



Beginner and intermediate levels learn the basics of
reading, counting, and playing your favorite piano
tunes. Each student receives about 10-15 minutes
of individual instruction per class. Potluck recital
will be held on the final Friday of the session.

Tuesday

6:15pm

7:15pm

Friday

6:20pm

7:20pm

Thursday

1:00pm

2:00pm

For more
information call
Instructor
Stewart Simon
at (619) 229-9429

* Register Online at www.SDRecConnect.com

ADULT



GET FIT with Lesley Norris



ACE Certified Group Fitness Instructor Lesley Norris has 30 years experience as a Personal Trainer, Health Coach and Advanced Fitness Specialist. Register for one class or sign-up for all three!!



September 8 - November 23

\$79 1x/week

Cardio Dance

Thursday 6:00pm - 7:00pm

Get a great workout with dance routines that have been choreographed specifically to the words and rhythm of the songs, followed by core exercise to trim and tone.

\$129 2x/week

Fitness Yoga

Monday 6:30pm - 7:30pm

A user-friendly, total body workout experience with flowing sequences to create length and strength. Gentle restorative stretches and meditations create harmony and vitality within.

\$167 3x/week

Body Conditioning

**Tuesday 6:00pm - 7:00pm
Saturday 9:00am - 10:00am**

A great class with a combination of cardio and strength training! Format and equipment change weekly.

For more information call Lesley at (858) 472-6211
or Email: lesleyn@att.net.
Visit: www.rightsizefitness.net and facebook.com/rightsizefitness



** Register Online at www.SDRecConnect.com*

GENTLE YOGA

Monday

September 14 - October 12

October 19 - November 23

6:00pm - 7:15pm

\$35.00 for Five (5) weeks



This is a class for teens - seniors. Yoga is for everyone regardless of age, size or gender. Gentle yoga will increase your flexibility, improve your muscle strength and teach you to connect with your body and breath. Come make a commitment to take good care of yourself on

Monday nights! Class meets in the Hexagon building.

Bring a blanket, mat and/or towel.

**For more information call
Instructor Jen Edwards at (858) 243-4238
or Email: ctrgrrrl@aol.com**

Register Online at www.SDRecConnect.com

SENIOR WORKOUT

Monday and Wednesday

September 9 - November 30

2:00pm - 4:00pm



Join Instructor Nikki Salmon for this fun and challenging workout class for seniors. Seated and standing exercises that work all major muscles and joints are specifically selected to enhance independent living skills and aimed to ease performing activities of daily living.



**For registration and further information:
call Nikki at (619) 388-1800
or visit: www.sdce.edu**

KID'S NIGHT OUT

Activities Include

- ♦ Games/Relays
- ♦ Scavenger Hunts
- ♦ Arts & Crafts
- ♦ Pizza/Hot Dogs
- ♦ Movie/Snacks
- ♦ Karaoke/Sing-alongs



Friday
September 25 &
October 30

5:00pm - 9:00pm

Ages 6-12 years \$10.00

** Register Online at www.SDRecConnect.com*



Halloween Night Out
October 30

- ♦ Costume Contest
- ♦ Carnival Booths
- ♦ Ghostly Games
- ♦ Pumpkin Decorating
- ♦ Spooky Cinema



NEIGHBORHOOD PARKS

Villa Norte: 6599 Antigua Boulevard, San Diego, 92124

Villa Monserate: 10283 Perez Court, San Diego, 92124

Roadrunner: 4734 La Cuenta Drive, San Diego, 92124



All City of San Diego parks and beaches are smoke free.



Tierrasanta Community Pool	www.sandiego.gov/park-and-recreation/centers/aquatics/tierrasanta.shtml	(858) 636-4837
American Youth Soccer Organization	www.ayso152.org	
Tierra Canyon Girls Softball	www.tierrasantasoftball.org	
Tierrasanta Community Council	www.tierrasanta.cc.org	
Tierrasanta Foundation	www.tierrasantafoundation.org	
Tierrasanta Tennis Club	www.tierrasantatennisclub.net ; audall@Tierrasantatennisclub.net	(858) 278-3009
Tierrasanta Cougars Pop Warner Football	www.info@tierrasantacougars.com	
Tierrasanta Jr. Women's Club		(858) 573-2648
Tierrasanta Kiwanis	www.tierrasantakiwanis.org	(858) 268-0044
Tierrasanta Little League	www.TierrasantaLittleLeague.org	
Fusion Soccer	www.sdfusionsc.com	
Vapor Trails #203 Toastmasters	www.vaportrailstm.com	(858) 565-0337

The City of San Diego neither sponsors nor endorses this information, leagues, activities or organizations. Distribution of this material is provided by the City as a community service. Any questions or comments should be directed to the sponsoring agency or instructor.

THERAPEUTIC RECREATION SERVICES

All Activities accommodate people with disabilities. Upon availability, Therapeutic Recreation Services staff will provide additional assistance from recreation staff requiring a three week advance notice. An assessment will be made to determine if a one-on-one aide is needed. Therapeutic Recreation Services is a Citywide Program that provides recreation opportunities for people with disabilities.

More information is available by calling them at (619) 525-8247 or (619) 525-8249TDD.

VOLUNTEERS

There are many volunteer opportunities throughout San Diego's Park and Recreation Department. For volunteer opportunities, please call (619) 533-4017 or visit: www.sandiego.gov/park-and-recreation/general-info/employment/volunteer/index.shtml

DONATIONS

By donating to the Park and Recreation Department you can help to enrich the lives of others by improving the quality of the parks and programs. For more information on how to donate please contact Center Director Michael Mogge at (858) 573-1394.



AED Public Defibrillators are located at all City of San Diego Recreation Centers

